



# News & Views

*A Newsletter for Families at the University of Victoria*

*September 2007*

**Issue 123**

**UVic Family Centre**  
P.O. Box 1700 STN CSC  
Victoria, BC V8W 2Y2

Phone: 472-4062

Fax: 472-4669

E-Mail: [familyc@uvic.ca](mailto:familyc@uvic.ca)

Check out our complete  
listing of programs at:

<http://web.uvic.ca/family-centre/INDEX.HTM>

---

**DIRECTOR**  
ELIZABETH QUONG

**STAFF**  
TOMOKO OKADA  
JANNA MACKENZIE

**FACULTY  
COORDINATOR**  
LAURENE SHEILDS

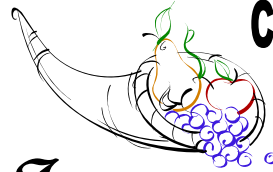
---

## **Family Centre hours for SEPTEMBER**

**Tuesdays**  
**9am-6pm**  
Playgroup  
10:30am-12pm  
Culture Club  
4-6pm

**Wednesdays**  
**10am-2pm**  
Playgroup  
10:30-12pm

**Thursdays**  
**12noon-5pm**  
After-School Club  
3:30-5pm



## **Celebrate the Harvest Season WITH LOCAL FOOD**

*By Pamela Tudge*

In recognition of the coming of the harvest season, I am highlighting one of the closest organic veggie farms to our community. Located in the beautiful Blenkinsopp Valley is **Madrona Farm**, a 27acre family run farm that offers year round organically grown vegetables and fruit from their farm gate.

Madrona's customers range from neighbours to local gourmet chefs. Their very busy Saturday market speaks to customer satisfaction, with regulars appearing every week to dine on there seasonal vegetables and fruit such as salad mixes, basil, patty pans, cucumbers, flowers, melons, apples and more. I recently tried their corn, just picked, and ripened in season. I was delighted on how much flavour the corn had, even without salt and butter. This flavour probably stems from Dave, the farmer, who harvests just before it is sold at the gate it is as fresh as if it came from your own garden. Dave's notes that his organic growing practices are vital to both the health of the food he sells and the farm he runs.

Natalie his wife and farm manager takes employs ecological sensibility throughout the farm. Recently Natalie has chosen to use no plastic at the market, but encourages her customers to use baskets or reusable cloth bags. Natalie a former UVic student completed her graduating project on ecological restoration on the farm. Her project involved planting native plants on the perimeter of the fields, protecting the remnant natural habitat and ensuring a buffer zone between the vegetable fields and Mount Doug Park which borders the farm. Balancing the protection of native ecosystems and a viable organic farm is something both Natalie and Dave are very passionate about.

Anyone wanting to stop by and pick up some veggies is encouraged to get their early, as Natalie notes with harvest season in the air, customers are lining up as the diversity of produce grows. **Madrona Farm Market at 4317 Blenkinsopp Rd. Wednesdays-Saturdays starting at 11am.**



## **Family Welcome to UVic**

### **Sunday, September 23, Student Union Building**

UVic welcomes new students, faculty, staff members and their families to campus. Meet other new UVic families.

**Sign up online**([http://orientation.uvic.ca/registration\\_family.php](http://orientation.uvic.ca/registration_family.php)) **until Sept 14<sup>th</sup>(Friday)** for your free breakfast tickets and movie passes for the kid-friendly movie. For information, please contact the Student Transition Centre at 472-4512.

**9:00 am** Program Check-In (Michele Pujol Room)

**9:30 am** Pancake Breakfast (Fun activities for children include face-painting, a fish pond, balloon animals and more!)

**10:30 am** "SHREK THE THIRD" (Family-Friendly Movie, Cinecenta Theatre)



## Children & Youth Forum

Parks for Us Children & Youth Forum

**September 22, 9:30 to 11 am**  
**Victoria City Hall**

A participatory forum for children to talk about the City of Victoria's park system and give their opinions on what they want from Victoria's Parks. Recommendations will be forwarded to the Steering Committee of the Parks Master Plan. All Participants will receive a thank you gift for participating. Participants must pre-register (382-2525). Ages 3 to 14 and youth 15 to 20.

## Backyard BBQ for Queer Parents

**Saturday, September 22, 4-7 pm**  
**Brentwood Bay**

Burgers, hot dogs, dessert and plates provided. Bring a side dish to share, and your beverages of choice.  
RSVP by September 19 to [the\\_hopester@yahoo.com](mailto:the_hopester@yahoo.com) for the house address and directions.

## Reminder from Family Housing Office

### Our Lawn Environment



The UVic Housing landscaping staffs are asking for your help in cleaning up the Family Housing landscape. They have been experiencing an ongoing problem around the Family Housing Complex with the amount of personal property left out unattended. We do ask that you remove toys and other personal property from these areas when you are not using them. It would be helpful if you could store these items in your private storeroom, on your patio, or inside your residence. When lawn furniture and children's toys are left strewn across the grassy areas they create obstacles for the landscapers who mow the lawn. We appreciate your co-operation with our efforts and hope you will continue to enjoy the outdoors as long as the weather permits.



### "Waste Not, Want Not"? Or Just Garbage?

UVic is getting hit in the wallet as the Housekeeping and grounds staff spend countless hours sorting and hauling away the non-clothing 'donations' left behind at the various drop-boxes located in Family Housing laundry facilities. Some tenants are using these drop-boxes as a place to leave unwanted items during a move or a spring clean. The time these employees spend hauling away unclaimed 'donations' adds to the time a tenant will wait to have their household needs addressed by this already busy department.

Big Brothers/Big Sisters have set up donation boxes in the laundry facilities in Family Housing for charitable donations of gently used clothing. They are unprepared to accept household items, furniture, or clothing that is soiled or un-wearable. The Housing department, along with Big Brothers/Big Sisters, asks for your co-operation in cleaning up the facility and helping to keep this charitable operation running. Only leave donations of clothing that you can reasonably expect someone to purchase in a thrift shop and do not leave behind any non-clothing items. If you wish to make a charitable donation of furniture or household appliances please contact the Salvation Army at (250) 727-2293 and arrange a drop-off/pick-up during business hours.

## FREE English Classes

For International students and their spouses

Every Saturday Morning,  
10am-12noon, Clearihue A301

**Begin Sept 15<sup>th</sup>**

Learn: Idioms, Canadian culture,  
Common usages  
Practice: Conversation, Pronunciation,  
Writing

For more information e-mail:  
[ifg@uvss.uvic.ca](mailto:ifg@uvss.uvic.ca)

## After School Club Schedule



By Janna Mackenzie, Staff

**NOTE:** Time change for after school program-Thursdays **3:30pm-5:00pm**.

**Sept 6-Back to School Party**-this is an opportunity to come and meet some new and old friends from school. We will play some fun games to get to know our new friends. There will also be some party snacks!

**Sept 13-Craft activity**-put your creativity to work during our craft hour!

**Sept 20-Health and Fitness Workshop**-Learn some easy ways to make healthy snacks and play some fun team building games.

**Sept 27-Science Day**-come and do some fun experiments with us!



## Profile

### Always Hilarious - Rima Said

By Eugene Jung



Rima Said has been a volunteer of Play Group every Tuesday morning. Rima is studying Child and Youth Care at UVic and this makes her a perfect person for kids in this program. Rima has lots of mom friends around family housing even though she just got married. This is because of her friendly and outgoing personality in addition to her ability to speak French, Arabic, and English. This month we are going to meet the always hilarious Rima Said.

#### What motivates you to?

I have been volunteering at the Family Center since January 2007. The reason why I decided to volunteer is more like a personal goal. I wanted to give myself an opportunity to meet families and kids from different international backgrounds.

#### What is your specialized field and plan in this field?

Speech therapy would definitely be a field of interest but it could also change. I still have 3 years left to finish my degree and I believe that I may change my mind by learning more about all the other opportunities in this wide field. At the end of the day, I will still have the same goal: make a difference in children's life.

#### Where do you come from?

I was born in Montreal and I grew up there. My family is originally from Lebanon. It's a beautiful country and I went there for visits four times in my life. There they had many years of war, they don't have water like we do and it is expensive to pursue your studies there. I would say that I am very lucky to be here in Canada, to live in a great city and to attend a great University. A lot of people would probably love to be here. I also love to go back to Lebanon for a visit whenever I can.

#### How do you feel about your family housing neighbors?

Family housing is a great place to be. It is kind of a big family living together. I have met the greatest people, very helpful and all of them provided a lot of support when I first moved into family housing. I appreciate every single bit of help I got from them and I hope that we can stay like a big family as long as possible. Thanks again and God bless you all.

## Food Matters

### Zucchini Bread Recipe



At this time of year gardeners always need a few good zucchini recipes. Here is one that is sure to please the family.

#### INGREDIENTS

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 3 teaspoons ground cinnamon
- 3 eggs
- 1 cup vegetable oil
- 2 1/4 cups white sugar
- 3 teaspoons vanilla extract
- 2 cups grated zucchini
- 1 cup chopped walnuts

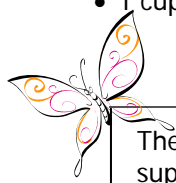
#### DIRECTIONS

1. Grease and flour two 8 x 4 inch pans. Preheat oven to 325 degrees F (165 degrees C).
2. Sift flour, salt, baking powder, soda, and cinnamon together in a bowl.
3. Beat eggs, oil, vanilla, and sugar together in a large bowl. Add sifted ingredients to the creamed mixture, and beat well. Stir in zucchini and nuts until well combined. Pour batter into prepared pans.
4. Bake for 40 to 60 minutes, or until tester inserted in the center comes out clean. Cool in pan on rack for 20 minutes. Remove bread from pan, and completely cool.



### The Family Centre needs your idea

Welcoming New Families – and looking at ways to make the Family Centre meaningful to all the families that might use our space. Please let us know if you have ideas about what you would like to see happen at the Family Centre! Phone 472-4062 email - [familc@uvic.ca](mailto:familc@uvic.ca) or drop in and have a chat.



The Family Centre has been given a very wonderful donation of a few brand new **KnapSacks** with some school supplies appropriate for children ages 8 -13. If your child really needs a new KnapSack please call the Family Centre and talk to the staff. We are so thankful to the family who made this thoughtful donation.

# Programs and Events

A great way to get connected!



## Family Centre Programs & Resources

### PROGRAMS

**Playgroups:** On Tuesday and Wednesday morning the Family Centre hosts fun and energetic playgroups. Tuesday mornings from 10:30-12 feature a popular music and movement program. There's guaranteed to be lots of singing, rattling, and playing! Wednesday morning from 10:30-12 are a bit more relaxed with toys, games, and friends for the kids to play with.

**Culture Club:** The Culture Club, organized for international students and families for networking, learning new things, making friends, and for the opportunity for some members to practice their English. Join Tomoko and our awesome group of volunteers Tuesday from 4-6pm.

**After-School Club:** Thursday afternoon from 3:30-5pm school aged kids are welcome to come and hang out, do some homework, play games, have a snack, and join our variety of activities with Janna.

### RESOURCES



**Food Share:** We receive non perishable food donations from UVic departments and community members throughout the year. If your family is in need of food to hold you over between student loans, come and check out our food share shelf. It is self-serve and anonymous – no questions asked. Food donations also welcome!

**Lending Library:** We have a large collection of children's toy, books, videos, and parenting resource material available at the Family Centre for borrowing. We also have a large selection of adult and teen fiction. Using our free library is easy simply sign out the materials you would like to borrow and remember to bring them back by the due date (videos: one week; books: one month). All student families are welcome to use this popular service.

**Secondhand Clothes:** Every month, the Family Centre receives a large donation of used clothing and other items (such as umbrella and coffee mugs) from Campus Security. Come check out our ever changing collection of gently used FREE clothing!

## Community Events

### SAT 15

**Ugh! A Slug!** at Elk/Beaver Lake Regional Park. Banana or licorice, slimy or ticklish, these misunderstood creatures are way cool! Follow a slime trail, get some slug power and learn more about one of nature's best recyclers. Meet at the info kiosk in the main Beaver Lake parking lot at 1pm. All ages. BC Transit #70 or #75. 478-3344.

### SUN 16

**27th Annual Terry Fox Run** at UVic Centennial Stadium. 9am. 480-8809 or 884-2883. [www.terryfoxrun.org](http://www.terryfoxrun.org).

**Spider\_websites@swanlake** at Swan Lake Christmas Hill Nature Sanctuary. What carnivorous animal spins thread stronger than steel, injects venom to liquefy its prey and ingests food with a sucking stomach? The web of intrigue will be spun and unfolded in our stage presentation. Meet the locals, find out which are dangerous and make a spider craft. You might even shake hands with Rosebud the Tarantula. All ages. 1-3pm with presentation at 1:30pm. By donation. 3873 Swan Lake Rd. 479-0211.

### THUR 27

**The ABC's of Healthy Eating** for parents of 5-12 year olds. A free workshop from VIHA health professionals promoting children's healthy eating, healthy teeth, and growing up. 7-8:30pm at Gordon Head Middle School. Call 744-5100 for more info and to register.

### SUN 30

**BC Rivers Day** at Goldstream Provincial Park. Community festival hosted by BC Creek Protection Society to celebrate stream stewardship and the importance of our river heritage through live music, displays, nature walks, crafts, and entertainment for the whole family. Free admission. 11am-4pm. 382-3499.

Memo

